



# MARTIAL ARTS KICKBOXING

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**For Immediate Release**

In response to the latest mass shootings, MA Fitness, a fitness kickboxing and cross training facility located in St Petersburg, Florida is offering a **FREE COBRA Defense Active Shooter Response Plan** workshop to prepare for, respond to and to learn ways to survive an active shooter situation

**WHAT'S YOUR PLAN?**  
**The C.O.B.R.A. Defense**  
**ACTIVE SHOOTER RESPONSE PLAN**

WORKSHOPS TO PREPARE FOR, RESPOND TO AND SURVIVING  
AN ACTIVE SHOOTER SITUATION

**DATE & TIME:** Thursday, July 14 at 6:45 PM - 8 PM  
**LOCATION:** Self Defense St. Pete - COBRA System | 4400 34th St N, Saint Pete, FL 33714

[www.selfdefensestpete.com](http://www.selfdefensestpete.com)

We invite the community to take part of this **FREE** workshop on Thursday, July 14 starting at 6:45pm at our St Pete location on 4400 34<sup>th</sup> St. N, Saint Pete, FL

**“The reality is, mass shootings are happening. The reality is it will happen again. The reality is we need change.”**

At this point there's nothing more important than being prepared. There is nothing more important than knowing your own strength. In a world of 'I could of,' 'I should of,' 'I wish I did this or that.' Let's pause, let's evaluate and let's be smart. Let us have an honest conversation to maybe save a life for the next.

All instructors at MA Fitness are specially trained and certified to teach you properly and safely in Martial Arts, Kickboxing and Strength and Conditioning. Located in St Petersburg Florida, MA Fitness offers a wide variety of martial arts and fitness based programs for the entire family.

Ma Fitness is located at 4400 34th St N, St. Petersburg, FL 33714. For more information contact [mafitnessflorida@gmail.com](mailto:mafitnessflorida@gmail.com) or call Matt DiPietro at 267-616-9400